

YOUR ANNUAL UPDATE

Thanks to your sponsorship, children and families are making positive changes in Udaipur. Learn more about the valuable ways your support has benefitted.

This past year, thousands of people improved their knowledge on how to prevent the spread of COVID-19 in their communities. And 1,000 families are now able to grow kitchen gardens and provide nutritious food to their children.

More girls are able to take charge of their bodies with dignity thanks to training on menstrual hygiene. And 20 new computer learning systems are helping thousands of children stay in school and open the door to a brighter future.

Your sponsorship will ensure even more success for children in Udaipur.



1,000

Families received seeds to start kitchen gardens



3,593

Children are using digital learning systems



2,680

Girls improved knowledge on menstrual hygiene



COVID-19'S IMPACT IN INDIA

Hear from Meenaskhi about how COVID-19 has impacted her community.

"I was afraid to take the COVID-19 vaccine because I thought I would get sick and die. Then Plan visited our community and shared information about the vaccine and the benefits. I decided to take the first dose and I was fine. I motivated my friends, and now I am fully vaccinated. Thank you Plan International."

CASE STORY: REACHING FOR A BRIGHTER FUTURE



NAME: TARANNUM

AGE: 12 YEARS OLD

HOBBY: READING



"I always wanted to go to a big school and do well for myself and my family, but my parents could not afford the fees and I didn't have the necessary identity papers. Plan International helped us get documents for admission, and now I am confident I can fulfil my dreams."

Meet Tarannum

Like your sponsored child, Tarannum has been empowered by Plan International to change her life. Tarannum has top marks in her grade, and she's excited about what the future holds for her. She and her three siblings are all enrolled at good schools and can access government programmes, thanks to their new identity cards.

I Am Here

Tarannum's parents moved to Delhi in search of work. Her father was the only earner, and it was hard for him to make ends meet.

Government supports for income and food existed, but the family didn't have the proper identity cards. The documents were also needed for admission into secondary school.

After joining Plan International's child sponsorship program, Tarannum learned about the importance of having identity documents to claim her rights and access the supports she's entitled to.

Tarannum and her family now have their identity cards, and they can play an active role as full citizens in their community.

Family Support

COVID-19 has been hard on Tarannum. Her father lost his job, and it became a struggle to provide food for the family, even with government programmes.

While distributing face masks and hygiene kits to help keep children and families safe from the virus, Plan International also provided financial support. Through this support, Tarannum's parents were able to purchase nutritious food for her and her siblings.

Tarannum is dreaming big for her future, and her parents are giving her all the support she needs to reach her goals.



Tarannum on her way to school

WE CURRENTLY WORK WITH 1,772 CHILDREN IN UDAIPUR

OUR PROJECTS IN UDAIPUR ARE HELPING CHILDREN THRIVE



MENSTRUAL HYGIENE



Thousands of girls and women learnt more about their menstrual health

Taboos around menstruation and a lack of reproductive health education leaves girls and women at risk of health issues. During the pandemic, many families struggled to afford their basic needs, and sanitary menstrual products were often the first items to cut back on.

To help girls learn more about their bodies and reduce the stigma of menstruation, more than 2,500 girls and young women took part in community events on menstrual hygiene management. Resource kits on menstrual hygiene were distributed to peer educators, helping them reach 6,000 girls on their reproductive health and how to manage their periods with dignity.

And thousands of sanitary pads were distributed to 4,350 families. Girls and young women in Udaipur were able to hygienically manage their periods and stay healthy during the pandemic.

RESPONDING TO COVID-19



Many families in Udaipur struggled during the COVID-19 pandemic. Parents lost their jobs, and food and hygiene items became scarce. Misinformation around the virus and available vaccines also meant people lacked the knowledge they needed to keep themselves safe.

To support families affected by COVID-19, 2,350 food kits and a further 2,000 hygiene kits were distributed to families in need. Children and parents were able to stay healthy and protect themselves during the Omicron wave.

Through home visits, thousands of people also learnt how to reduce the spread of the virus and the importance of vaccination to prevent serious illness. So far, 7,900 people have received their COVID-19 vaccine, and people can now share this important information with others.



"We are very grateful to Plan International for providing sufficient quantity and good quality food items in this difficult time when the food items in the house were completely exhausted."

- Ravi (26) from Udaipur

YOUR SUPPORT MEANS BETTER FUTURES



FUTURE CHALLENGES TO ADDRESS



48%

Of women cannot read or write



27%

Of children under the age of 5 are underweight



18%

Of young women were married before the age of 18



Your support helps girls and boys to stand up for their futures.

- Early marriage rates remain high in Udaipur. We will empower girls to stand up for their rights and support communities to say no to child marriage.
- We will work to get children back to school and improve learning conditions so girls and boys can open the door to a brighter future.
- More than one in five young children are underweight for their age. We will ensure families have the knowledge they need to provide nutritious food to their children.
- Cultural taboos around menstruation persist in Udaipur, preventing girls from reaching their full potential. We will support girls and young women with training on menstrual hygiene so they can manage their periods with dignity.

We know the best is yet to come, and together we will continue to work for a brighter, happier future for the children in Udaipur.



“Thanks to sponsors for their continuous support to families and children during the pandemic. In the coming year, we will work for the education and health of children, and the nutrition and livelihoods of families. We are very grateful.”

Anjani Kumar Singh
Programme Area Manager, Udaipur

YOUR GENEROSITY WILL CONTINUE TO SUPPORT CHILDREN IN STANDING UP FOR THEIR FUTURE AND RIGHTS